



Four on the Fourth

July 4, 2009, 8 a.m.

McDougle Middle School, Carrboro, NC
Little Firecracker Kids Races start after the race.

Four on the Fourth is a 4 mile run through Carrboro neighborhoods and is the first race in Le Tour de Carrboro race series. Proceeds from the series are distributed to our 2009 Community Partner organizations.

Entry fees: \$25; \$30 after 6/28/09 **Make checks payable to:** Four on the Fourth/Cardinal Track Club
Send application to: Cardinal Track Club, P.O. Box 1088, Carrboro, NC 27510

Register online at <http://www.sportoften.com/events/eventDetails.cfm?pEventId=4115>

For more info: visit <http://www.cardinaltrack.com>

Course Map: http://www.cardinaltrack.coach-site.com/f/4on4th_Course.pdf

Awards: top 3 Men & Women in the following categories: Open & Masters (40+years old), 9 &under , 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-69, 70+

*Open & Masters winners not eligible for age group prizes.

Standing prize money for course records, male and female: \$50

Socks: First 300 entrants guaranteed a pair of custom socks.

Packet pickup: at Fleet Feet Sports (200 N. Greensboro St., Carrboro, NC) on Friday, July 3 (10am -7pm)
or at the race site on race-day morning from 6:30 to 7:30am.



Release and Registration

Last name _____ First name _____

Sex M F Date of Birth (MM/DD/YY) _____ Age (on Race Day) _____

Address _____ City _____ State _____

Zip _____ Phone _____ Email _____

In consideration of the acceptance of my entry in the Four on the Fourth run on July 4, 2009, I release the Cardinal Track Club, its members and officers, the Town of Carrboro, the Carrboro Police, the State of North Carolina and their respective employees, the various event sponsoring organizations and other individuals or entities who are in any way connected to the event (including any volunteers assisting with the event) from any liability or claims for injury or illness that I might sustain during my participation in this event or that in any other way is related to this event. I understand that this release applies to myself and my personal representatives, heirs and assigns. I know that running in this event is a potentially hazardous activity, but represent that I am adequately and medically able. I assume all risks associated with running in this event, including, but not limited to, falls, contact with other participants, effects of weather including heat and/or humidity, traffic and the conditions of the roads. Further, I grant permission, without compensation, to Cardinal Track Club, to use any photographs, videotapes, motion pictures, recordings or any other reproduction of me participating in this event. I understand that bicycles, skateboards, roller skates or blades, animals and radio headsets are not allowed in this race and I will abide by this and all other rules.

Please read release and sign below:

Signature (legal guardian, if under 18 years old)

Date